

Herbal Formula Chart for Covid-19

Hubei Provincial Hospital of Traditional Chinese Medicine 2/10/2020					Wuhan Union Hospital 2/17/2020					COVID-19 Diagnosis and Treatment Plan (7th edition) 3/3/2020										
Stage	Diagnosed Pattern and Treatment Strategy	Clinical Manifestations	Formula Name	Recommended Prescription	Stage	Diagnosed Pattern and Treatment Strategy	Clinical Manifestations	Formula Name	Recommended Prescription	Administration and Dosage, Injections	Stage	Diagnosed Pattern and Treatment Strategy	Clinical Manifestations	Formula Name	Recommended Prescription	Administration and Dosage, Injections				
Prevention:			Pneumonia Prevention #1 肺炎预防方	Huang Qi 黄芪 (Radix Astragal) 15g, Bai Zhu 白术 (Rhizoma Atractylodes Macrocephala) 10g, Fang Feng 防己 (Radix Saposhnikovia) 10g, Min Ma Gou Zhong 枳椇 (Rhizoma Citri) 10g, Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g, Chen Pi 陈皮 (Pericarpium Citri Reticulatae) 6g, Pei Lan 佩兰 (Herba Eupatori) 10g	Prevention: Strategy: strengthen q and nourish yin, clear heat and toxins, dry damp and eliminate turbid. 用于预防, 对于增强体 质, 预防新型冠状病毒感 染, 兼宣肺降气。 益气健脾, 清肺解 毒, 兼宣肺降气为 主。	For prevention, can boost constitution, and can be used for prevention of COVID-19. 用于预防, 对于增强体 质, 预防新型冠状病毒感 染, 兼宣肺降气。 益气健脾, 清肺解 毒, 兼宣肺降气为 主。	Wuhan No.1 1号方	Huang Qi 黄芪 (Radix Astragal) 12g Bai Zhu 白术 (Rhizoma Atractylodes Macrocephala) 10g Fang Feng 防己 (Radix Saposhnikovia) 10g Bei Sha Shen 北沙参 (Radix Glehniae) 10g Min Ma Gou Zhong 枳椇 (Rhizoma Citri) 10g Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g Lian Qiao 连翘 (Fructus Forsythiae) 10g Yu Jing Cao 鱼腥草 (Herba Houttuyniae) 15g Jie Geng 桔梗 (Radix Platycodonis) 10g Can Cao 甘草 (Radix Glycyrrhizae) 6g Cang Zhu 苍术 (Rhizoma Atractylodes) 10g Yi Yi Ren 薏苡仁 (Semen Coicis) 30g Guang Huo Xiang 藿香 (Herba Pogostemonis) 6g Fu Shen 茯神 (Poria Parvifolia) 10g	Decoct one pack daily. Can be split into two doses taken warm each day. Or drink as a lighter tea throughout the day. Take for 3-7 days. 水煎服, 每日一剂, 分两次温服, 也可代茶饮, 服用3-7天。											
Influenza Phase: 流感期											Medical Observation Period 医学观察期	Type 1	fatigue with gastrointestinal upset 乏力伴胃肠道不适	Huoxiangzhenghe Capsule (pill or liquid) 藿香正气 1)	these are patent herbs 这些是专利药	take as directed				
	Wind-Cold Invading the Exterior 风寒束表证	onset of fever (mostly low-grade fever), aversion to cold and fear of cold, chills, headache, ticklish throat, soreness of muscles of limbs, no sweat or light sweats. 寒战, 恶寒, 发热, 头痛, 鼻塞, 身重, 肢节酸痛, 无汗或汗出不多。 Lक्षण: pale coating 白苔 Diagn: Floating	Fu Formula #1 (Ga Gen Tang or Chai Ge de Ji Tang) 风寒束表方 (柴葛汤或柴葛加术汤)	Ge Gen 葛根 (Radix Puerariae Lobatae) 15g Ma Huang 麻黄 (Herba Ephedrae) 10g Gu Zhi 桂枝 (Ramulus Cinnamomi) 10g Gou Zhi 苟枝 (Radix Paeoniae Alba) 15g Sheng Jiang 生姜 (Rhizoma Zingiberis) 10g Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g Dan Zao 大枣 (Fructus Jujubae) 10g Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g with headache, add Bai Zhi 白芷 (Radix Angelicae Dahuricae) 15g with dry or tickish throat, add She Gan 射干 (Rhizoma Belamcandae) 15g	Early 寒战, 恶寒, 发热, 头痛, 鼻塞, 身重, 肢节酸痛, 无汗或汗出不多。 Strategy: expel wind, clear heat, soothe throat 祛风解表, 兼清肺利咽	Wind Heat 风热束表证	fever, sore throat, cough, tongue: slightly red, fur: red 发热, 咽痛, 咳嗽, 舌红, 脉浮数 用于驱风解表, 宣肺, 清肺, 兼宣肺降气, 舌红以风热束表。	Wuhan No.2 2号方	Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 15g Lian Qiao 连翘 (Fructus Forsythiae) 10g Bo He 薄荷 (Herba Menthae) 6g Niu Huang 牛黄 (Fructus Arctii) 10g Ban Xia 半夏 (Rhizoma Pinelliae) 10g Chai Hu 柴胡 (Radix Bupleuri) 10g Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g Dan Zao 大枣 (Fructus Jujubae) 10g Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g with headache, add Bai Zhi 白芷 (Radix Angelicae Dahuricae) 15g with dry or tickish throat, add She Gan 射干 (Rhizoma Belamcandae) 15g	Decoct into 400ml, one packet per day. Take twice per day warm. 3 days equals a course, modify after each course. 水煎服, 每日一剂, 每剂煎取400ml, 分次温服, 服用3-7天。	Type 2	fatigue with fever 乏力伴发热	1) Jinhuanggan Granules 金花清瘟 2) Lianhuanggan Capsules 连花清瘟 3) Shuangdu Capsules 双黄连	these are patent herbs 这些是专利药	take as directed					
	Toxic Heat Attacking the Lung 毒热袭肺证	fever, aversion to cold, sore and dry throat, scanty sputum, sore and painful muscles in the limbs, body weakness, headache. 寒战, 恶寒, 发热, 头痛, 身重, 肢节酸痛, 无汗或汗出不多。 Lक्षण: CT reveals both lungs to have scattered ground-glass opacity (GGO). 白苔 Diagn: Floating and rapid.	Fu Formula #2 (Modified Yin Qiao Wen Bi or Du San) 毒热袭肺方 (柴葛汤或柴葛加术汤)	Ma Huang 麻黄 (Herba Ephedrae) 10g Lian Qiao 连翘 (Fructus Forsythiae) 10g Sheng Jiang 生姜 (Rhizoma Zingiberis) 10g Nu Jiang 牛蒡子 (Fructus Arctii) 10g Gou Zhi 苟枝 (Radix Paeoniae Alba) 10g Can Cao 甘草 (Radix Glycyrrhizae) 10g Dan Zao 大枣 (Fructus Jujubae) 10g Lu Guo 罗汉果 (Rhizoma Phragmitis) 15g Huang Lian 黄连 (Rhizoma Coptidis) 6g	Mild 寒战, 恶寒, 发热, 头痛, 鼻塞, 身重, 肢节酸痛, 无汗或汗出不多。 Strategy: disperse, drain expel damp, cool and clear heat 疏散风热, 宣肺, 清肺, 兼宣肺降气	Damp Warmth in Early Phase 湿温初起	low grade fever, muscle aches and pain, poor appetite, thick tongue coating 低热, 身重, 肢节酸痛, 纳呆, 苔厚腻 用于驱湿清热, 宣肺, 清肺, 兼宣肺降气	Wuhan No.3 3号方	Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 25g Lian Qiao 连翘 (Fructus Forsythiae) 10g Sheng Jiang 生姜 (Rhizoma Zingiberis) 15g Dang Guo 党参 (Radix Angelicae Sinensis) 15g Ban Xia 半夏 (Rhizoma Pinelliae) 10g Ju Heng 桔梗 (Radix Platycodonis) 10g Yu Jing Cao 鱼腥草 (Herba Houttuyniae) 15g Cang Zhu 苍术 (Rhizoma Atractylodes) 15g Jin Yin Hua 金银花 (Flos Lonicerae Japonicae) 10g Huang Qi 黄芪 (Radix Astragal) 10g Guang Huo Xiang 藿香 (Herba Pogostemonis) 10g Hou Po 厚朴 (Cortex Magnoliae Officinalis) 6g She Gan 射干 (Rhizoma Belamcandae) 10g Zhi Qian 炙甘草 (Radix Astragal) 10g Zhu Ru 竹茹 (Caulis Bambusae in Tactis) 10g Ma Huang 麻黄 (Herba Ephedrae), honey-baked 6g Hong Jing Tian 红景天 (Radix Rhizoma Rhodiolae Crustacea) 10g	Decoct into 400ml, a packet per day. To be taken 4x per day warm over 3-7 days. 水煎服, 每日一剂, 每剂煎取400ml, 分次温服, 服用3-7天。										
											Clinical Treatment Period (For Confirmed Cases) 临床治疗期	Application Scope: suitable for mild, general and severe cases, reasonable for treating critical cases according to clinical symptoms. 清肺解毒汤	Lung-Clearing and Detoxification Soup 清肺解毒汤 Source: Integrated Traditional Chinese and Western Medicine (No. 2020)22, the Ministry of Traditional Chinese Medicine Office of National Health Commission and Office of Administration of Traditional Chinese IET Medicine.	Ma Huang 麻黄 (Herba Ephedrae) 6g, Sheng Shi Gao 石膏 (Gypsum Fibrosum) 15g, Ku Xing Ren 杏仁 (Semen Armeniacae Amarae) 6g, Shen Shi Gao 石膏 (Gypsum Fibrosum) 30-30g (decocted for 10min), Gu Zhi 苟枝 (Radix Paeoniae Alba) 10g, Zhi Qian 炙甘草 (Radix Astragal) 10g, Zhu Ling 猪苓 (Polyporus Umbellatus) 6g, Bai Zhu 白术 (Rhizoma Atractylodes Macrocephala) 6g, Chai Hu 柴胡 (Radix Bupleuri) 10g, Fu Ling 茯苓 (Poria Parvifolia) 15g, Huang Qin 黄芩 (Radix Scutellariae) 6g, Jiang Ban Xia 姜半夏 (Rhizoma Pinelliae) 6g, Zhu Sheng Man 珠珀 (Rhizoma Zingiberis Ricinis) 6g, Ji Wan 萹蓄 (Radix Asteris) 6g, Dong Hua 冬瓜 (Fructus Farfarae) 6g, She Gan 射干 (Rhizoma Belamcandae) 6g, Xin Ren 杏仁 (Semen Armeniacae Amarae) 6g, Shan Yao 山药 (Rhizoma Dioscoreae) 12g, Zhi Shi 枳实 (Fructus Aurantii Immaturus) 6g, Chen Pi 陈皮 (Pericarpium Citri Reticulatae) 6g, Huo Xiang 藿香 (Herba Pogostemonis) 6g	The basic prescription is a traditional Chinese medicine packet, which should be decocted by water for oral intake. One packet per day, decoct same drug twice per day, once in the morning and the evening (40 minutes after meals), three packets are regarded as a course of treatment. Take half bowl of rice soup if possible after taking the medicine, or a full bowl of rice soup for people with dry tongue and dehydrated body fluid. (Notes: the storage of rice grout should be decreased for people without fever, and increased for people with mild or severe fever.) Take the second course of treatment if the symptoms are improving but not disappeared, and it can be modified according to the actual situation for people with special requirements or other basic diseases. The medicine should be discontinued if the symptoms disappear.					
											Mild Type 轻型	Cold 寒湿困脾证	fever, fatigue, soreness of body, coughing, expectoration, chest tightness, sputification, nausea, vomiting and sticky stools. 发热, 乏力, 身重, 肢节酸痛, 纳呆, 苔厚腻 用于驱寒湿, 宣肺, 清肺, 兼宣肺降气	Wuhan No.4 4号方	Sang Bai Pi 桑白皮 (Cortex Mori) 15g Chun Bei 川贝母 (Bulbus Fritillariae) 10g Ban Xia 半夏 (Rhizoma Pinelliae) 10g Yu Jing Cao 鱼腥草 (Herba Houttuyniae) 30g Lian Qiao 连翘 (Fructus Forsythiae) 10g Ban Xia 半夏 (Rhizoma Pinelliae) 10g Yu Jing Cao 鱼腥草 (Herba Houttuyniae) 15g Yi Yi Ren 薏苡仁 (Semen Coicis) 15g Lu Guo 罗汉果 (Rhizoma Phragmitis) 25g Dang Guo 党参 (Radix Angelicae Sinensis) 15g Jie Geng 桔梗 (Radix Platycodonis) 10g Chai Hu 柴胡 (Radix Bupleuri) 10g Huang Qin 黄芩 (Radix Scutellariae) 15g Hou Po 厚朴 (Cortex Magnoliae Officinalis) 10g Hong Jing Tian 红景天 (Radix Rhizoma Rhodiola Crustacea) 10g Sheng Ma 升麻 (Rhizoma Cimicifugae) 30g Zhu Mu 竹茹 (Caulis Bambusae in Tactis) 10g Jing Ling 荆芥 (Semen Aesopis) 20g Can Guo 枳椇 (Rhizoma Citri) 10g She Shao 射干 (Rhizoma Belamcandae) 10g Chao San Xian 炒三仙: Shen Qu (Massa Medicata Fermentata), Shan Zhu (Fructus Cateagae) and Mai Ya (Fructus Hordei Germinatus), tendred and dry-fried together 20g	Decoct into 400ml, a packet per day. To be taken 4x warm over 3-7 days. 水煎服, 每日一剂, 每剂煎取400ml, 分次温服, 服用3-7天。				
											Damp-Heat Accumulating in Lung 湿温困脾证	low fever or normal body temperature, light chills, alternating fatigue, head and body heaviness, sputification, nausea, vomiting and sticky stools. 低热, 身重, 肢节酸痛, 纳呆, 苔厚腻 用于驱湿, 宣肺, 清肺, 兼宣肺降气	Wuhan No.4 4号方	Bing Ling Lang 苓桂术甘汤 (Semen Aesopis) 10g, Can Guo 枳椇 (Rhizoma Citri) 10g, Sheng Shi Gao 石膏 (Gypsum Fibrosum) 10g, Zhi Mu 竹茹 (Caulis Bambusae in Tactis) 10g, Zhu Mu 竹茹 (Caulis Bambusae in Tactis) 10g, Lian Qiao 连翘 (Fructus Forsythiae) 10g, Jing Ling 荆芥 (Semen Aesopis) 10g, Can Guo 枳椇 (Rhizoma Citri) 10g, She Shao 射干 (Rhizoma Belamcandae) 10g, Chao San Xian 炒三仙: Shen Qu (Massa Medicata Fermentata), Shan Zhu (Fructus Cateagae) and Mai Ya (Fructus Hordei Germinatus), tendred and dry-fried together 20g	Decoct into 400ml, one dose per day, decocted with 400 ml water, taken once in the morning and once in the evening.					
											Damp-Heat Accumulating in Lung 湿温困脾证	low fever or normal body temperature, light chills, alternating fatigue, head and body heaviness, sputification, nausea, vomiting and sticky stools. 低热, 身重, 肢节酸痛, 纳呆, 苔厚腻 用于驱湿, 宣肺, 清肺, 兼宣肺降气	Wuhan No.4 4号方	Bing Ling Lang 苓桂术甘汤 (Semen Aesopis) 10g, Can Guo 枳椇 (Rhizoma Citri) 10g, Sheng Shi Gao 石膏 (Gypsum Fibrosum) 10g, Zhi Mu 竹茹 (Caulis Bambusae in Tactis) 10g, Zhu Mu 竹茹 (Caulis Bambusae in Tactis) 10g, Lian Qiao 连翘 (Fructus Forsythiae) 10g, Jing Ling 荆芥 (Semen Aesopis) 10g, Can Guo 枳椇 (Rhizoma Citri) 10g, She Shao 射干 (Rhizoma Belamcandae) 10g, Chao San Xian 炒三仙: Shen Qu (Massa Medicata Fermentata), Shan Zhu (Fructus Cateagae) and Mai Ya (Fructus Hordei Germinatus), tendred and dry-fried together 20g	Decoct into 400ml, one dose per day, decocted with 400 ml water, taken once in the morning and once in the evening.					
											General 普通型	Damp-Poison 湿毒困脾证	fever, cough with less sputum or yellow chest tightness, fatigue, chest heaviness, or vomiting, loose stools. 发热, 咳嗽, 痰少或黄, 胸膈痞满, 纳呆, 苔厚腻 用于驱湿, 宣肺, 清肺, 兼宣肺降气	Wuhan No.4 4号方	Ma Huang 麻黄 (Herba Ephedrae) 6g, Ku Xing Ren 杏仁 (Semen Armeniacae Amarae) 10g, Sheng Shi Gao 石膏 (Gypsum Fibrosum) 30g, Sheng Yi Yi 薏苡仁 (Semen Coicis) 30g, Cang Zhu 苍术 (Rhizoma Atractylodes) 10g, Huo Xiang 藿香 (Herba Pogostemonis) 15g, Qing Huo Xiang 清霍香 (Rhizoma Polygoni Cuspidate) 10g, Ma Ban Cao 马鞭草 (Herba Verbena) 30g, Dan Lu Ge 丹路哥 (Rhizoma Phragmitis) 30g, Ting Lu Zi 藤露子 (Semen Lepidis) 15g, Hui Lu Hong 会路红 (Eccarpium Citi Grandis) 15g, Sheng Can Cao 生甘草 (Radix Glycyrrhizae) 10g	Decoct into 400ml, one dose per day, decocted with 400 ml water, taken once in the morning and once in the evening.				
											Cold 寒湿困脾证	low fever, hiding fever, or no fever, dry cough, little sputum, fatigue, chest tightness, or vomiting, loose stools. 低热, 身重, 肢节酸痛, 纳呆, 苔厚腻 用于驱寒湿, 宣肺, 清肺, 兼宣肺降气	Wuhan No.4 4号方	Cang Zhu 苍术 (Rhizoma Atractylodes) 15g, Chen Pi 陈皮 (Pericarpium Citri Reticulatae) 10g, Hou Po 厚朴 (Cortex Magnoliae Officinalis) 10g, Huo Xiang 藿香 (Herba Pogostemonis) 10g, Can Guo 枳椇 (Rhizoma Citri) 10g, Ma Huang 麻黄 (Herba Ephedrae) 6g, Guang Huo Xiang 藿香 (Herba Pogostemonis) 10g, Notopterygii 10g, Sheng Jiang 生姜 (Rhizoma Zingiberis Ricinis) 10g, Bing Ling Lang 苓桂术甘汤 (Semen Aesopis) 10g	Decoct into 400ml, one dose per day, decocted with 400 ml water, taken once in the morning and once in the evening.					

